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Effects of upper and lower body conditioning activities on post-activation performance enhancement during sprinting and jumping tasks in female soccer players

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Abstract

This study aimed to investigate the post-activation performance enhancement (PAPE) effects of "specific" (half back-squat) and "nonspecific" (bench press) conditioning activities on sprinting and jumping performances in female soccer players. Fourteen players (mean ± SD: age = 22.3 ± 4.0 years; body mass = 60.2 ± 7.8 kg; height = 164.1 ± 4.2 cm) competing at national level (1st League) participated in this within-subject crossover study. The players performed a warm-up protocol including 3 sets of 3 repetitions of half back-squat or bench press exercises at 90% 1RM, or a warm-up protocol without lifting weights (i.e., control condition). Forty-meter shuttle sprints (20 + 20 m with change of direction [COD-180°]),